

### **ABSTRACT OF THE INVENTION**

An active head restraint arrangement comprising a head restraint cushion, at least one head restraint post and head restraint post guide connecting said head restraint cushion to the interior of said passenger seats; and a flip-up assembly associated with said 5 head restraint post beneath said head restraint cushion. Upon activation by rear impact, the flip-up assembly flips upward and forward to protect an occupant's head and neck from injury. Since this active head restraint arrangement utilizes a flip-up motion, the head restraint has a lower initial height that is dynamically increased upon activation. This feature allows the head restraint to be smaller allowing an occupant to have a better 10 view around the head restraint.